

Preventing Heat Illness



Avoid the heat!

- ❄️ Use electric fans or air conditioners to carefully adjust the temperature.



- ❄️ Use shading curtains, bamboo screens, and sprinkling water.



- ❄️ When outdoors, use a parasol and wear a hat.



- ❄️ On sunny days, stay in the shade and take a break frequently.



- ❄️ Wear clothes that breathe well, absorb moisture and dry quickly.



- ❄️ Use ice packs, ice, cold towels, etc. to cool your body.



⚠️ When a "Heat Stroke Alert" has been issued, avoid going outdoors whenever possible and avoid the heat.

Stay hydrated!

- ❄️ When indoors or outdoors, regularly intake water and salt, etc., even when you do not feel thirsty.



- Information and resources site for heat illness prevention

Information and resources for heat illness prevention



Also available for smart-phones.



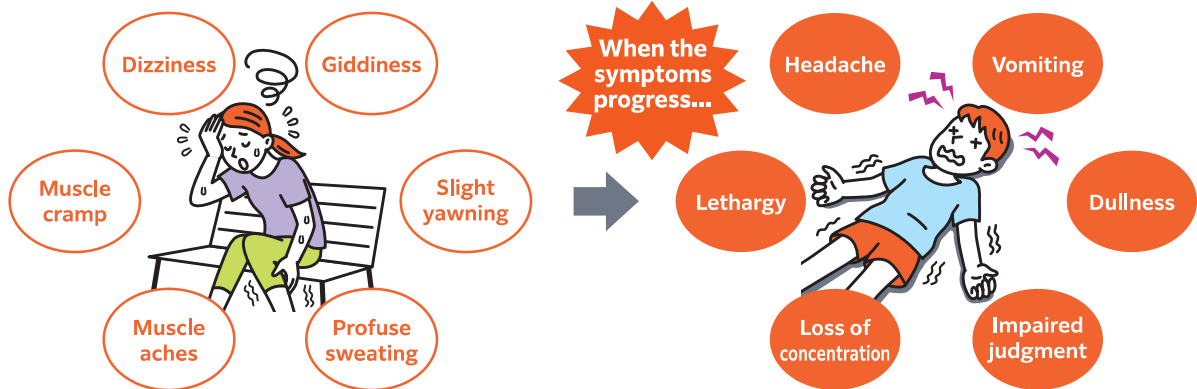
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"Heat illness" refers to a state where the balance of water and salt in a person's body is gradually broken, thermoregulation fails to function properly, and heat is accumulated in the body, due to being in a high temperature and high humidity environment for a long time. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work. Heat illness victims may be taken to hospital by ambulance and in some cases die from it.

In order to prevent health problems caused by heat illness, each individual should have a correct understanding of heat illnesses, be aware of changes in their physical condition, and look out for those around them.



Heat illness symptoms



! If the symptoms do not improve after first aid, please go to a medical institution.

! If you come across people suspected of heat illness (Main first aid)

❄️ Take them to a cool place such as an air-conditioned room or shady spot with good ventilation.



❄️ Loosen their clothes and cool their body. (Around the neck, under the armpits, groins, etc.)



❄️ Give them water, salt, oral rehydration solution*, etc.
*Water with salt and glucose dissolved into it



📢 Check! If they are unable to drink themselves, or if their response is not normal, call an ambulance right away!



Reminders

People feel heat in different ways.

The way people feel heat depends on their physical condition on that day, whether they are used to heat, and other factors. Be mindful of changes in your physical condition.

Also prevent heat illness indoors!

Even if you do not feel hot, measure the room temperature and ambient temperature, and try to adjust the temperature using electric fans and air conditioners.

Elderly people, children, and those with disabilities need to be especially kept an eye on!

Half of heat illness patients are elderly people aged 65 or above. Caution is necessary since elderly people are less able to sense the heat and a lack of fluids, and their body's ability to regulate heat is impaired. Also, children need to be kept an eye on since their body temperature adjustment functions are not fully developed yet.

Hydrate regularly.

